

FAQ-MINI BUD/S

Q. What is Mini-BUD/S?

A. See the description of Mini-BUD/S on this website.

Q. Who can attend Mini-BUD/S?

A. Any male midshipman or cadet, who attends a service academy or is a ROTC member, may apply to attend a course. 30 slots are reserved for the US Naval Academy and 30 other slots are open for competition. You may only apply once and it must be during your junior year of college. The program will take place during the summer before your senior year.

Q. How do I apply?

A. Every winter the Chief of Naval Education and Training (CNET) releases a message describing all Naval summer programs and application details. Contact your Naval ROTC summer programs coordinator for this information.

Q. When is the program held?

A. See the description of Mini-BUD/S on this website. For the selected men about to begin their final year of college, two 4-week courses are held every summer.

Q. I'm planning on attending, what equipment do I need?

A. If you are selected you will be provided a "WARNING ORDER" listing all the information you need. Generally, you are responsible for providing your own camouflage uniforms and pt clothes.

Q. How can I get in shape for Mini-BUD/S?

A. Preparing for Mini-BUD/S is the same as preparing for BUD/S. This website has excellent info on how to do that. Show up prepared to do a lot of soft sand running, swimming, pt, and numerous painful teamwork drills.

Q. How will attending (or not attending) affect my chances for getting into BUD/S?

A. Attending Mini-BUD/S is not a prerequisite for going to BUD/S. However, excellent performance while at Mini-BUD/S will be a tremendous boost to your application package. Furthermore, for most men Mini-BUD/S either increases their desire to become a SEAL or makes them realize that they'd rather pursue a different career field. If you are in any way considering becoming a SEAL officer we highly recommend attending Mini-BUD/S.

Q. I have an unusual question or problem. Who can answer it?

A. You can write questions to the following e-mail address: mini-bud/s@navspecwarcen.navy.mil. Due to a limit of manpower, please allow several days to a week or more for a response. However, questions that you can find out through this website, or stupid questions in general, will not be answered.

Q. How can I be most competitive for a Mini-BUD/S (and eventually BUD/S) slot?

A. Obviously we look for exceptional scores on the Navy SEAL physical screening test. However, we are primarily interested in men who have a demonstrated ability to lead others, a well-rounded background in academics, sports and extra-curricular activities, and a fervent amount of motivation and self-discipline.

Q. Who can proctor the SEAL PT Screening test for me?

A. Any commissioned Naval officer can administer the screening test. or you can request at PST via the Internet located on this website. PST are offered monthly and around the United States and overseas

Q. Why are only men allowed to apply?

A. Mini-BUD/S is only for prospective officers who desire a career in Naval Special Warfare. Per congressional law no women are allowed to become US Navy SEALs.

<https://www.seal.navy.mil>